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Young murder victim ID'd

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FIGHTING FEAR WITH TERROR.... I'M SCARED

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Nurse Nancy Hunter injects a flu vaccine for Greg Dukart at a drop-in clinic in Regina on Monday. Dukart wanted to be cautious because of the severity of the H1N1 strain. Inset: People line up outside the clinic for vaccinations. SARAH TAGUIAM/METRO

Public demand rises for flu vaccinations

Health. H1N1 strain has people on alert



SARAH TAGUIAM
sarah.taguiam@metronews.ca

With the H1N1 virus spreading across the province, more Saskatchewanians have lined up at clinics to get flu shots compared to previous years.

"We had an increase in our numbers and we're certainly up from last year," Saskatoon Health Region spokeswoman Linda Walker told Metro on Monday.

By Monday evening, 55,684 people in that district had been vaccinated against influenza since Oct. 22 — an almost 50 per cent increase from the same time last year.

The hike has prompted the

health region to set up an additional mass drop-in clinic on Saturday at Saskatoon's West Winds Primary Health Centre.

In Prince Albert, on the other hand, a surge in vaccine demand temporarily depleted the supply for the Prince Albert Parkland Health Region. While working with the Ministry of Health to order more, the region tentatively scheduled more drop-in shot clinics for Tuesday and Friday.

Drop-in clinics in Regina started on Monday, but according to Regina Qu'Appelle Health Region (RQHR) spokesman Bill Carney, public interest concerning the dangerous H1N1 strain and the shots has been rising.

"We've seen more calls than we normally do," Carney said.

"And we'll continue to monitor the situation to see if we should add more clinics."

Greg Dukart, 57, was one of the patients immunized at the RQHR drop-in clinic. He didn't get an influenza shot last year and wanted to make sure he is vaccinated this winter.

"I thought it was good to go this year, with all the news and discussion about the flu spreading in Western Canada," Dukart said.

"My wife was here too. We're just trying to be cautious."

At least three people — including two children under the age of five — died in December in Saskatchewan after contracting the H1N1 flu.

All had underlying health conditions, so officials say they can't determine if the flu was the main cause of their deaths.

By Dec. 28, there had been 161 confirmed cases of influenza in Saskatchewan this season.

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Five-year-old boy identified as Saskatoon homicide victim

Crime. Woman, 35, accused of first-degree murder in death of Jonathan Vetter



MORGAN MODJESKI
Metro in Saskatoon

Saskatoon police have released the name of a five-year-old homicide victim, on the day that his alleged killer appeared in court.

Jonathan Vetter is the boy who was found dead in a house on the 400-block of Avenue R South on Saturday morning, after city police received a 911 call about an injured child at about 5:30 a.m.

Kellie Johnson, 35, has been charged with first-degree murder in the case. Police have not disclosed the nature of her relationship to the boy, or specified his injuries.

"We're talking about the homicide of a five-year-old child, so for us, the priority was interviewing as many people as we could, gaining as much information as we could as quickly as we could, in order to lay a charge," Alyson Edwards, director of

public affairs with the Saskatoon Police Service, said on Monday.

"It's not about feeling good about how well it went — this is an absolute tragedy."

Asked why Johnson was charged with first-degree murder — indicating an alleged premeditated act — and not second-degree murder, Edwards said investigators "felt they had the information and evidence they needed."

Johnson made a brief appearance in Saskatoon's provincial court on Monday and is scheduled to be back in court on Tuesday at 10:30 a.m.

Edwards added that "we want to now see what happens as this case moves through the courts and hopefully this family can get past this tragedy and heal through that process."

She noted that the family will have access to support through a victim services unit, as officers on the case will.

"Because of the nature of this offence and the age of the victim," she explained, "we do want to provide critical incident stress debriefings to our people — our first responders — and that's in the process of being offered now."



A makeshift memorial is seen on Monday outside a residence on Avenue R South in Saskatoon where five-year-old Jonathan Vetter, inset with suspect Kellie Johnson, was found dead on Saturday. Police have laid a first-degree murder charge against Johnson, who appeared in court on Monday. MORGAN MODJESKI/METRO IN SASKATOON; INSET: FACEBOOK

U of R residence partially evacuated after pipe bursts



Sara Wysman had to leave her room after a water pipe burst. METRO

A burst water pipe prompted a partial evacuation and severely damaged one of the University of Regina's main residence buildings.

The rupture occurred Sunday night, causing extensive flooding on the third floor of the north residence tower after a student left a window open as temperatures dropped below -35 C.

"At about 9 p.m. or so, we had a sprinkler line break as

a result of it freezing," Nelson Wagner, associate vice-president of facilities management with the U of R, said on Monday.

"(The line) froze and then once it started thawing — as we got the system going — it burst and (there was) a bit of flooding."

Two residence buildings were evacuated when an alarm was triggered.

"The fire alarm went off ...

and I went to grab my coat, boots and ID," said student Sara Wysman.

"There was black water seeping behind the door."

She's fortunate, she added, that her electronics remained dry.

The university has not determined the cost of the damage.

Wagner added that most of the students from the approximately 30 evacuated rooms

were able to return after staff realized the problem was a burst pipe.

"We're basically in residence trying to work with students that were involved (in the evacuations)," said Judy Amundson, director of operations for student affairs.

"Some of them went to live with friends.... We have two (students) that stayed overnight in our emergency rooms." MARCO VIGLIOTTI/METRO

Eight charges laid

Weapons, drugs seized at North Portal crossing

Authorities say a U.S. man faces eight charges following a seizure of weapons and drugs at the border in Saskatchewan.

The Canada Border Services Agency says an AR-15

assault rifle, a handgun, other prohibited weapons and drugs were seized at the North Portal crossing on Dec. 31.

Customs officers searching a vehicle also found a set of brass knuckles, a brass knuckle knife, four high-capacity magazines and 15 grams of what is believed to be marijuana.

THE CANADIAN PRESS

Dewdney Avenue

Broken pipe shuts off water, prompts traffic disruption

Regina's frigid weather wreaked havoc on the city's infrastructure in the past couple of days, with the temperature deemed responsible for a water pipe break that shut down



A crew uses heavy machinery to fix the broken water line on Monday. SARAH TAGUAM/METRO

a section of Dewdney Avenue.

Dewdney from Garnet

to Athol streets was closed to traffic all day as a city crew worked to repair the underground pipe.

Water service to properties on the entire block had been under an "emergency shutdown" since Sunday, according to city hall.

City officials said the pipe was to be repaired and water service was to be restored by Monday evening.

METRO

How's the weather up here?

Edmonton

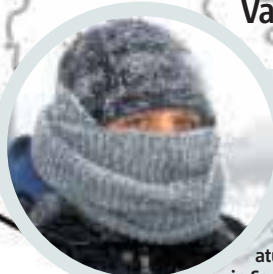
After a few days of chilly temperatures, Edmonton warmed up to -6 C on Monday, with runners hitting the tolerable streets. Temperatures are expected to drop on Tuesday, with a -30 C wind chill predicted.



In Metro cities across Canada, we're experiencing a myriad of icy, freezing weather, and in Calgary and Halifax — relief. Even Vancouver traded its winter rain for some frosty sunshine.

Saskatoon

Extreme weather has presented a number of challenges for Saskatoon. With wind chills pushing temperatures down to -49 C in Saskatoon on Monday, school buses were cancelled, garbage pickup was delayed and a prominent outdoor skating rink was closed.



Winnipeg

After almost a month of extreme wind chills of -40 C to -50 C daily (only relief: a -9 C blizzard), Winnipeg attracted international attention when it was revealed it was colder than Mars one day last week.



Ottawa

After being hammered with freezing rain Monday and a sudden melt, Ottawa faced an Environment Canada warning of extreme wind chills from -35 C to -40 C Monday night and Tuesday morning. The city also had a water main burst that flooded and closed Laurier Avenue from Metcalfe Street to Elgin Street.



Halifax

It's a weather flip-flop in Halifax. On Monday, Haligonians enjoyed a balmy 9 C, just days after enduring bitterly cold temperatures with wind-chill readings of about -30 C. Tuesday, temperatures are expected to get cold again, but another mild stretch is forecast for the weekend.



Vancouver

Vancouver has enjoyed sunny — but frosty — weather over the past couple of days. That's all going to end, however, with Environment Canada calling for warmer weather (highs of 6 C) and the return of the winter rain for the foreseeable future.



Regina

Bundled-up workers fix a water pipe that leaked due to temperatures dipping down to the -40s with wind chill. The leak prompted an emergency water shutdown along Dewdney Avenue, one of the city's busiest streets.



Calgary

Temperatures warmed to above zero in Calgary Monday, but the city was still grappling with record-setting snowfall and many residents were fed up. Snow-related complaints to 311 were up 1,000 per cent from the previous December.



London

Cold, colder and even colder yet. That was the scene in London on Monday as the temperature dipped from -9 C in the morning to -26 C by late afternoon with wind chill.



Toronto

On the icy streets of Toronto on Monday, the temperature plummeted to -25 C, with bone-chilling winds making it feel like -40. The bitter cold snap is expected to end by the weekend, but Torontonians were bracing for a glacial commute the next day.



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Icy quest for symbol of health

A boy holds a cross as believers sing and dance in the icy waters of the river Tundzha to celebrate Epiphany day in the town of Kalofer, Bulgaria, on Monday. Traditionally, an Eastern Orthodox priest throws a cross in the river and it is believed that the one who retrieves it will be healthy through the year.

VALENTINA PETROVA/THE ASSOCIATED PRESS

Man who slapped toddler gets eight months in prison

Guilty plea. Joe Rickey Hundley was on a flight to take his son off life support after an insulin overdose put him in a coma

A federal judge on Monday sentenced a man who pleaded guilty to slapping a crying toddler on an Atlanta-bound flight to serve eight months in federal prison.

Joe Rickey Hundley was accused of using a racial slur to refer to the 19-month-old boy, who's black, and hitting him under the eye as the flight from Minneapolis descended to the Atlanta airport last February. He pleaded guilty in October to simple assault after reaching a plea agreement with prosecutors.

Prosecutors had recommended a sentence of six months in prison, and Hundley reserved his right to argue for a lower sentence. U.S. Magistrate Judge Alan Baverman said he imposed a higher sentence in part because of Hundley's criminal history, which includes a

prior assault.

Hundley's lawyer, Marcia Shein, objected to the deviation from the recommendation in the plea agreement and said after the hearing that she believes the sentence is disproportionate.

Before he was sentenced, Hundley told the judge he took full responsibility for his actions and turned to apologize in person to Jessica Bennett, the toddler's mother, who was in the courtroom.

Hundley, who lived in Idaho at the time, was on a Delta flight from Minneapolis to Atlanta on Feb. 8 and was seated in a window seat next to Bennett, who was sitting in the aisle seat and had her 19-month-old son on her lap, according to court filings.

In addition to the prison sentence, Baverman ordered Hundley to pay Bennett restitution of \$105 and to pay a fine of \$2,500 to the government. Baverman also ordered Hundley to serve a year of supervised release, undergo alcohol-abuse treatment and anger-management counselling, and perform 120 hours of community service, preferably in a homeless shelter. **THE ASSOCIATED PRESS**

No excuse

"You cannot assault another individual, regardless of how sad or upset, or even how intoxicated or sick, you are."

U.S. Magistrate Judge Alan Baverman

Alcohol issues

Hundley trying to recover, lawyer says

Joe Rickey Hundley's only son was in a coma in Atlanta after an insulin overdose that was the result of a suspected suicide attempt, his lawyer, Marcia Shein, has said. Hundley had spent the prior day talking to his ex-wife and doctors after his son was declared brain dead, Shein said, and he booked a last-minute flight to Atlanta so he and his ex-wife could take their son off life support.

"I made the most terrible day in my life much worse for me and for others," Hundley told the judge.

The toddler's mother, Jessica Bennett, has said Hundley became increasingly obnoxious and appeared intoxicated during the flight.

Hundley has been attending Alcoholics Anonymous meetings every day since March, is undergoing 15 hours of counselling a week and has been helping others deal with alcohol problems, Shein said.

THE ASSOCIATED PRESS

Mountie in medical pot dispute fit for trial on assault charges

A New Brunswick Mountie who attracted national attention for complaining that he wasn't allowed to smoke medicinal marijuana for his post-traumatic stress disorder while in uniform has been deemed fit to stand trial on charges of assaulting two RCMP officers, the Crown and defence said Monday.

Cpl. Ron Francis, who faces two counts of assaulting police and one count of resisting arrest, was released

from custody after he underwent a 30-day psychiatric assessment. Francis was ordered to follow conditions including that he refrain from alcohol and non-prescription drugs, report to a local mental-health clinic and not possess firearms.

He smiled and waved to family and friends as he appeared in Fredericton provincial court but did not speak to reporters when he left the courthouse.

The case was adjourned until Feb. 4 after defence lawyer T.J. Burke asked for time to review disclosure before entering pleas.

"My client has instructed us, regardless of what's in the disclosure, to enter a plea of not guilty," Burke said outside court.

Burke accused the RCMP of failing to help Francis, who is on leave but remains a member of the police force.

THE CANADIAN PRESS

His arrest

Francis was arrested Dec. 6. The RCMP said they were concerned about his well-being when they found him on a street in downtown Fredericton.

- He had to be subdued with a stun gun, the Public Safety Department for Fredericton said.

'Kai the Hitchhiker.' Internet celebrity pleads not guilty to murder

A man who gained Internet fame as "Kai the Hatchet-Wielding Hitchhiker" has pleaded not guilty to murder charges in the beating death of an elderly New Jersey man last year.

The Star-Ledger reports 24-year-old Caleb McGillivray remained silent Monday while his public defender entered the plea in court in Elizabeth.

McGillivray is accused of killing 73-year-old lawyer Joseph Galfy, whose body was

found May 13 in his Clark home. McGillivray was arrested in Philadelphia days later and could face a life sentence if he's convicted.

Authorities say the two met in New York City and McGillivray stayed at Galfy's home.

The Canadian gained some online fame after intervening in a 2012 assault on a California utility worker in which he described using a hatchet to fend off a further attack.

THE ASSOCIATED PRESS

One new way to catch a thief? Try social media

Theft of the Silver Plated Bowl. Alleged light-fingered dude could be in for humiliation via the Internet. Countdown!

DAVID INGRAM

For Metro in London, Ont.

Mike Manuel, owner of the London Music Hall in London, Ont., has taken to social media in hopes of recovering property he says was stolen during a party to ring in the new year.

A Jan. 3 post on the venue's Facebook page lays it all out: Return the item by 6 p.m. next Friday (Jan. 10) or "images" of

those responsible will be displayed "using multiple media platforms," the post says.

The music hall has even created a faux Facebook event called "Catching the NYE Thief." It's set to start at the Friday deadline.

According to Manuel, at 12:53 a.m. during the New Years Eve Penthouse Party, a silver-plated bowl valued at \$300 went missing.

After whispering back and forth, one person distracted a bartender while another, looking to be in his early 20s, slipped out with the item through an emergency exit, Manuel told Metro.

"It was planned. It wasn't spontaneous," he said Monday.

"They talked about it for about 10 minutes."

Manuel said he knows

how it all went down because everything, and the faces of those believed to be responsible, can clearly be seen on footage taken from the 64 cameras inside the hall.

On Monday, a photo of one of the people alleged to have been involved — shown from the neck down standing next to the bowl in question — was posted on Facebook.

Manuel said he has spoken with police officers he knows. No charges have been pressed at this time, but he said he'll talk to authorities again if the property isn't returned by Friday.

"We feel we should give (the alleged thief) a chance. We don't want to ruin the guy's career and get him charged for something stupid he did," Manuel said.

"We are waiting for him

to redeem himself and come back clean."

Hold on! Maybe not ...

London Music Hall owner Mike Manuel shouldn't be negotiating or — worse — threatening a suspect with public shaming should a missing serving bowl not be returned, said London police Const. Ken Steeves. There's a thin legal line of extortion involved when telling someone they must do something or face the consequences via a public shaming, Steeves told Metro. If Manuel is a victim of crime, he should contact police, Steeves said.

SCOTT TAYLOR/
METRO IN LONDON, ONT.



The London Music Hall published this post Monday on Facebook. It shows one of the people alleged to be responsible for a theft. FACEBOOK

Medical pot user in N.S. alleges discrimination

A medical marijuana user living in Dartmouth says his schooling and family life has been destroyed by harassment over his medical marijuana use.

"It feels like I'm in prison. It feels like I'm sitting in jail right now. My family's gone, and it feels like I'm being monitored," said John Quinn Monday.

Quinn has filed a complaint with the Nova Scotia Human Rights Commission over alleged discrimination by the superintendent and property manager of his Albro Lake Road apartment.

He disclosed his licence to grow and use medical marijuana when he signed a lease in June. Although the building super didn't raise any concerns then, Quinn said he's been subjected ever since to repeated police calls, accusations that he's selling his pot, and investigations by Child Welfare Services.

He was even ordered to leave after an inspection by the property manager in November, though the eviction order was rescinded.

"The only thing that he could do was ask for a copy



John Quinn checks his pot plants on Monday. JEFF HARPER/METRO IN HALIFAX

of my (permit,) because (marijuana) could potentially harm other tenants," said Quinn. "What about an oxygen tank? That could explode. What's the difference, in reality?"

The former welder said the marijuana manages his joint pain effectively without affecting his mental state or causing addiction. He grows

the plants in a separate unit from the apartment where he lives with his family, and has installed charcoal filters to manage any odours.

Quinn said he's had to drop out of his upgrade courses because of stress caused by the alleged harassment, and has sent his partner and children to live in Ontario to prevent any fur-

ther action by Child Welfare Services.

After serving MetCap Living Management with notice of the Human Rights complaint, Quinn said the alleged harassment has stopped, but he still doesn't feel safe.

"You've put my family in danger, you've put me in danger, you've ruined our Christmas, you made us feel like criminals," he said. "I want a public apology."

Neither the superintendent nor the property manager of Quinn's building returned calls for comment.

RUTH DAVENPORT/METRO IN HALIFAX

Rx marijuana changes

More than 37,000 Canadians are currently licensed through Health Canada to use marijuana.

- Changes coming in April mean users cannot grow their own marijuana plants, but must purchase medical pot from a government-approved supplier.

Balancing act. Woman protesting marijuana 'ban' in Alberta hospitals

Medical marijuana user Lisa Kirkman says she used to regularly consume vaporized cannabis while in Alberta hospitals, but a sudden change in policy and grinding bureaucracy have now made it effectively impossible for her to access medical care.

"I want to be able to receive medical treatment like every other Albertan, like every other Canadian," she said Monday.

Kirkman said a Nov. 4 Alberta Health Services (AHS) memo, which she described as a well-intentioned attempt to codify a previously ad hoc policy on vaporizer use, ended up resulting in vaporizers being effectively banned in the

interim. "In the meantime, we should go back to the status quo," she said. "I need care now. I needed care two months ago."

Kirkman said she needs marijuana to control a host of medical conditions, typically vaporizing every 15 to 20 minutes.

Currently, AHS "is looking at developing a process" for in-hospital marijuana use, according to spokesman Don Stewart. "This is about the balance between patient need and the health and safety of other patients, staff and visitors."

Kirkman plans to stage a "vape out" at a Calgary hospital Wednesday.

ROBSON FLETCHER/METRO IN CALGARY



Lisa Kirkman uses a vaporizer at her home. ROBSON FLETCHER/METRO IN CALGARY

Spending to slim down despite rabid appetite for gadgets: Analysts

\$1.06 trillion on tech.

Lower-end tablets and smartphones expected to bite into amount consumers will shell out in 2014

The Consumer Electronics Association estimates that global spending on technology will slip one per cent in 2014 to \$1.06 trillion US as the lower average selling price of smartphones and tablets offsets unit growth in markets like China.

The decline is off the peak of \$1.07 trillion estimated for 2013.

Steve Koenig, the association's director of industry analysis, issued the forecast at the opening of the annual International CES gadget



Appetite for smartphones, such as the iPhone 5C, remains strong.

JUSTIN SULLIVAN/GETTY IMAGES

show on Sunday.

The retreat doesn't reflect less consumer appetite for what Koenig called the "dynamic duo" of tech

gadgets. Spending on smartphones and tablets is still expected to account for some 43 cents of every dollar spent on technology this year.

But the average price of smartphones, for example, will fall from \$444 in 2010 to an estimated \$297 this year, despite the number of smartphones sold rising to 1.21 billion up from 1.01 billion.

"These lower-end devices are what's required to penetrate most deeply into these emerging markets," he said.

Smartphones and tablets remain such key drivers of technology spending that they are eating into other categories of devices like point-and-shoot cameras, video cameras, portable GPS devices and handheld gaming devices.

THE ASSOCIATED PRESS



'It wouldn't be B.C. without it'

A protester rushes the stage as Prime Minister Stephen Harper speaks at the Vancouver Board of Trade in downtown Vancouver Monday. Two protesters evaded security to protest climate change. Harper quipped, "It wouldn't be B.C. without it," to applause and laughter from the crowd. THE CANADIAN PRESS

New study

Flu shot linked to lower risk of low-weight baby

A study has found that pregnant women who get the flu shot are less likely to have a premature or low-birth-weight infant compared to those who don't get vaccinated.

Despite recommendations, researchers say annual vaccination rates of pregnant women have dropped. THE CANADIAN PRESS

Market Minute



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MARS ONE IS LOOKING PRETTY GOOD NOW

Last Tuesday temperatures in Winnipeg plummeted to -31 C (and that was the high for the day), making it colder in the city that day than it was in the North Pole and on Mars. Think about that for a moment, one of our country's major urban centres was more frigid than a barren, inhospitable planet that is on average about 80 million kilometres further away from the sun than our own.

I immigrated to Canada from England at age 12 and have often found myself wondering why this particularly frigid part of the globe was ever colonized by humans. As I enter my 16th Canadian winter, I know the unique differences between a snow squall and a blizzard but I don't think I'll ever actually get used to these extraordinary weather patterns that seem as unpredictable as they are harsh.

After taking a painful fall on the flash frozen sidewalk one morning, I made the amateur mistake of allowing my



SHE SAYS
Jessica Napier
metronews.ca

eyes to fill with tears and the moisture froze to my contact lenses within seconds. Ice encrusted eyeballs are enough to make anyone consider permanent relocation.

Canadians never tire of talking about the weather and rightly so — there is just so much conversation material out there in the atmosphere. Phrases like “polar vortex,” “frost quake” and “Nor’easter” have entered our everyday vernacular as we wax philosophically about the importance of strategic layering.

Only a Canadian would utter the phrase “It’s going up to a balmy -12 tomorrow,” without a hint of sarcasm.

But sometimes even the hardiest Canucks in their puffiest, goose-down jackets are no match for mother nature’s wrath. When the mercury plummets beyond a certain point, even our beloved national pastimes don’t seem feasible. Where’s the appeal in an evening at the skat-

ing rink when you spend your whole commute desperately navigating treacherous city streets that are covered in a thick layer of ice? Driving up to a nearby ski hill for the weekend might seem like a fun idea until your plans are inevitably thwarted by dead car batteries and freezing rain warnings.

Being an overly optimistic fool, I made a New Year’s resolution to start running again. Lacing up for a jog on a dark winter evening is hard enough, but finding the motivation to head outside to traverse slush-covered sidewalks while filling my burning lungs with ice-cold air has proven to be truly impossible.

With a few more months of transit delays, salt-stained footwear, dry skin and frozen fingertips on the horizon, hibernation seems to be the only viable option.

If you need to find me, I’ll be tucked under my electric blanket and planning a warm getaway to a country where snot icicles aren’t a thing.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Hey, mom! Look what I can do



CHARLES DHARAPAK/THE ASSOCIATED PRESS

Baby panda makes gigantic debut

Bao Bao, the four-and-a-half-month-old giant panda, made her public debut at an indoor habitat at the National Zoo in Washington on Monday.

Bao Bao, who now weighs 16.9 pounds, was born to the

zoo’s female giant panda Mei Xiang and male giant panda Tian Tian.

In recent months, Bao Bao has become more active, moving around on her own and exploring the environment. Now she’s working on climbing, but some rocks are still too big.

THE ASSOCIATED PRESS

The zoo’s point of view

- The zoo won’t make Bao Bao or her mother do anything they don’t want to do, a spokesperson said. They will bring her out into the enclosure for viewing, conduct some training sessions with her and sometimes weigh her in public view.

Newborn dreams

“She doesn’t even seem to notice the folks who are watching her: Her adoring public. Her focus is mostly on mom right now.”

Brandie Smith, panda curator
National Zoo in Washington

Clickbait



LUKE SIMCOE
Metro Online

The start of a new year is a time for reflection. It’s also a reminder that we’re all another

year older and another step closer to our inevitable demise. If, like some people, you find contemplating your own mortality terrifying, you should probably stop reading. On the other hand, if the only thing about death that troubles you is not knowing when, here are a few sites that can calculate how many heartbeats you have left.

Death Clock:

This site’s tag line is “predicting the demise of others since 2006.” Just fill in a few details about your age, place of residence and diet and you’ll get a handy prediction you can take to your financial planner. (death-clock.org)

Death Timer:

As a bonus, this site will create an image of a tombstone with your name on

it. It will also scold you if you smoke or drink too much. (deathtimer.com)

The DeathList:

If you’re more interested in when other people are going to die, check out The DeathList. Based in the United Kingdom, the site compiles an annual list of famous people most likely to kick the bucket. The site had a banner year in 2013, with 13 successful predictions. (deathlist.net)



COURTESY/TICKER

Twitter

@metropicks asked:
@MyTikker watch approximates when you’ll die and counts down to the second. Would you live differently if you knew?

@Earl_of_Halifax: see how it changes while guzzling beers compared to sipping wine, eating wings to salad and working out to being lazy

@stuartchase: useful for those mindnumbing conversations. “U officially wasted 2 minutes of my life. No, really, look at my watch.”

@Earl_of_Halifax: I’d probably live faster

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

DVD review



I'm So Excited

Director. Pedro Almodóvar

Stars. Javier Camara, Pepa Charro, Cecilia Roth

The tray tables are up, the seatbelts are fastened and the passengers are more than ready to fly in this airborne trifle from Pedro Almodóvar. The Spanish auteur is returning to the campier tone of such earlier films as *Women on the Verge of a Nervous Breakdown*. But it almost seems as if he's operating on autopilot. The rest of the film is aces, including a production design that amusingly incorporates Almodóvar's beloved primary colours (especially red) into the design of the film's fictional airline. The music by Alberto Iglesias also delights, with its jazzy references to 007 and Eurocomedy films. (Skip the movie, buy the soundtrack.) The cast includes many players from Almodóvar's past — including cameos from Antonio Banderas and Penelope Cruz — and they're eager to go along with whatever fun Capt. Almodóvar has in mind. But he doesn't have much on his grey matter this time, apart from making an even campier version of *Airplane!* Extras include a making-of featurette and a selling-of featurette.

PETER HOWELL

Finding escape in fear

Helix. Billy Campbell, star of new Showcase series, talks about our obsession with being terrified



RICHARD CROUSE
scene@metronews.ca

"I've been reading film scripts for over 30 years," says *Helix* star Billy Campbell, "and I could probably count on my hands and feet all the truly, truly great scripts I've read. The rest are, to various degrees, garbage."

Campbell, a veteran of big screen features like *The Rocketeer* and Francis Ford Coppola's *Dracula*, says, "the hour-and-a-half format of telling a story is unnatural. You either have to do like they do in Bollywood movies and have a four-hour movie tell a story or do like European films do. They tell small, intimate human stories. Moments in people's lives. That's more appropriate to the format."

That opinion may explain why he's been spending more and more time on the small screen on shows like *Once* and *Once Again*, *The O.C.* and *The Killing*.

His latest project, the sci-fi series *Helix* debuts on Showcase on Friday. Produced by *Battlestar Galactica* creator Ronald D. Moore, its sprawling story of a deadly disease outbreak couldn't fit into a 90-minute film.

"Television is a place where you can tell a great story," he says. "You have the time. AMC coined the phrase, *Slow Burn*

Storytelling. You have the time to develop characters, develop storylines in a way that is not artificial. Or doesn't seem to be artificial."

The pilot script for the Montreal-shot series appealed to the ruggedly handsome actor because he's a fan of science fiction, horror and speculative fiction.

"When I read the pilot script the first thing that popped into my head was *The Andromeda Strain*, then John Carpenter's *The Thing* and a little bit of *Walking Dead* popped in there as well. We don't have zombies. I think what we have is a great deal scarier than zombies. What we have are living human beings, terribly infected, who have a pathological compulsion to infect others."

He describes the show as "intense, but still an escape." But an escape from what?

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life. I couldn't say why, except to think that perhaps we're so unhappy with our present lives. We might need to get away. Some people like to escape by being scared."

As an actor on the show he says the most exciting part of the process is "to come to work and try to do the next outlandish thing they've written. That's exciting."

Quoted

"There seems to be an obsession with not just speculative fiction but stuff that is not our real life."

Helix star Billy Campbell



Billy Campbell stars in *Helix*, debuting Friday on Showcase. CONTRIBUTED

The Internet is calling for Elba, Idris Elba

DOROTHY ROBINSON

Metro World News in New York

This rumour has already been slightly refuted by the man himself but it's just so juicy I couldn't help but get on the bandwagon: The Internet is trying to make Idris Elba the next James Bond.

A fan group called We Want Idris Elba for James Bond is going so strong (and makes so much sense) that Elba is being asked in inter-

views if it could possibly happen.

"It's a rumour that's gotten out of control, basically — but that's all it is," Elba said on ITV's *Lorraine* over the weekend, thus starting a new drumbeat of support.

"There's no truth in it whatsoever."

Earlier in November, the actor, who just won a Golden Globe nomination for *Mandela*, seemed a bit more open to the suggestion.

"Really? James Bond? I didn't know that was still sort of in the mix," Elba told HuffPost Entertainment in an interview.

"I say it all the time, but if it was to ever happen and if I was ever to get offered that role, that would be the will of a nation. That would be like, 'Wow, human beings are really powerful. They really made that happen, because (producer Barbara Broccoli) certainly didn't.' ...

"It would be the will of

a nation because everyone has been saying that to me."

The Internet makes so many, usually terrible, things happen.

Think about it: Rebecca Black, *Snakes on a Plane*, *Mega Shark Versus Giant Octopus*... the list goes on and on.

Wouldn't it be nice if something amazing and sexy — and that would be Idris Elba in a hot bow tie and martini glass — came from it as well?



Idris Elba, James Bond? GETTY IMAGES

2 SCENE



Lindsay Lohan

Lindsay's dream of model relationship with toy boy ends with a tattoo

Lindsay Lohan's pursuit of 18-year-old model Morgan O'Connor seems to have ended unsuccessfully, as O'Connor has reportedly told the troubled starlet to take a hike, according to Radar Online. "When he first started hanging around Lindsay, she was totally chasing him and everyone was telling him not to go out with her because she is white trash and would bring his career down," a source says. "But he had a good time with her and got to go to a lot

of parties that he wouldn't have been able to go to before. Now he realizes that he can't hang out with Lindsay and he basically dumped her and is trying to commit to his girlfriend again." As a clear sign of that change of heart, O'Connor recently had the name of ex-girlfriend Chiara DiGiallorenzo permanently applied to his body. "Morgan has always really loved Chiara, and he tattooed her name on his arm to prove that," the source says.



Madonna ALL PHOTOS GETTY IMAGES

Madonna tells online masses to 'calm down' after Rocco's booze pose

Maybe she was just trying to be a "cool mom," but Madonna has come under fire for posting a photo to Instagram of her 13-year-old son, Rocco, and two pals holding up bottles of gin and vodka with the caption, "The party has just begun!" The photo was taken during

a vacation in the Swiss Alps, where the legal drinking age is 16. After receiving more than 1,200 comments on the photo within 24 hours, the singer addressed the issue herself, writing, "No one was drinking. We were just having fun. Calm down and get a sense of humour."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Holyfield's homosexuality comments land him in trouble

Say you are reading this and you are a celebrity. Let's try an exercise: What do you do if you think of something that maybe isn't the most PC thing in the world? Do you: A. Say it out loud. B. Keep it to yourself. C. Write it in a journal which you then burn. If you answered B or C, you have a long future ahead of you in the world of celebrity. If you answered A, we need to talk.

The latest celebrity to fall victim to their own inability to just shut it? Evander Holyfield, who is making a splash with his stay on Celebrity Big Brother thanks to

an extended rant he recently let out about homosexuality, describing it as "a choice" that "ain't normal" and can be fixed. "If you were born and your leg were turned this way, what would you do? You go to the doctor and get it fixed back, right?" he said to a fellow housemate.

"You know how handicapped people are born? You can't say, 'Because they are born that way, you can't move that.'" Producers for the series quickly addressed the issue, saying in a statement that they'd relayed to Holyfield that his views "could be seen as extremely offensive to many people. He was warned to think carefully about repeating them."

Good grief. Come on, Evander. You lost an ear. You must know what it feels like to be different. Shut it down!

PAT HEALY/METRO WORLD NEWS



David Copperfield

Copperfield's girlfriend hears those magic words

Magician David Copperfield, 57, has proposed to 28-year-old French model Chloe Gosselin, he announced to Hello! magazine in an exclusive interview, though the interviewer couldn't help asking about his six-year relationship with Claudia Schiffer back in the '90s.

"Oh, that was a long time ago," Copperfield says. "Now I'm engaged and in a committed relationship with Chloe in my mind and my heart." Copperfield and Gosselin split their time between Las Vegas, New York and his private Caribbean island, Copperfield Bay.



Scott Disick

Disick loses father just months after mom's death

Kourtney Kardashian's famous baby daddy, Scott Disick, reportedly lost his father on Friday, three months after his mother died from cirrhosis of the liver. His father, Jeffrey Disick, died from undisclosed

causes, reports E! News. "The whole family is so devastated and Scott is beside himself," a source told E!. "Scott is an only child with no remaining family."

Twitter



@mradamscott

I want Downton Abbey bloopers and I want them now



@msleamichele

Such a lovely holiday break with friends and family. Revived and refreshed:) Ready for this new year!



@WhitneyCummings

I feel like you know you're in love when you can't stop thinking about (killing) someone

Half off

10 Pounds in Six Weeks

Three and a half months ago we introduced Metro Winnipeg editor Elisha Dacey who has teamed up with fitness professional Jordan Cieciva and registered nutritionist Theresa Albert. Elisha wants to lose half of her body weight and has been writing about it in her online blog, Half Off.

Now that the holidays — and holiday indulging — are over, Elisha is keen to get back on track. So she's kick-starting the new year with a shorter term goal: 10 pounds in six weeks.

Breaking your goal into pieces is a great way to motivate yourself and key to attaining the larger goal, said Theresa. "And losing 10 pounds in 6 weeks — or about 1 ½ pounds a week — is both healthy and realistic for Elisha."

Theresa suggested that Elisha create some eating 'rules' to help her achieve the goal. Rule number one: eat in, not out. For lots of delicious ideas, try Theresa's 'Weekly Meal Solutions' on her website at myfriendinfood.com.

Exercise is also a challenging area for Elisha. "I can't really do much new outside because it's just so cold, and I'm bored with the indoor weights program," said Elisha.

But she has discovered that she likes to dance for exercise. She often plays 'Just Dance' on the Wii for cardio. With that in mind, Jordan is going to revamp Elisha's at-home workout to make it more motivating and fun.

To follow along, and for more work-out tips, check out metronews.ca/half-off.

YVLA VAN BUUREN/FOR METRO

FAQs for fighting the flu

Getting informed. Flu season has swung into full gear and reports of deaths in Texas and Alberta have raised fears that something new is afoot

Usually by now flu shot efforts would be winding down, but several provinces are leveraging intense media interest and public concern by mounting extra clinics for those reconsidering getting a shot.

Is this shaping up to be a doozy of a flu season? Or do we, as a society, tend to forget what influenza can do from one season to the next?

There are plenty of such questions being posed these days. Here are a few, and some answers.

All the headlines these days are about influenza. Is this a dire flu season?

Not really. It's a flu season — which means as activity takes off in your municipality or province, you can expect to see a spike of illnesses that can create the impression that almost everyone is sick.

Last year's season, caused mostly by the H3N2 virus, was quite nasty. This year the H1N1 virus is predominating — at this point, anyway. And while parts of the country are now in the throes of full-on flu outbreaks, the activity level is what one sees during flu season.

Alberta's outbreak may have already peaked while Ontario's is probably at its apex now. "It'll be over in a month. There's been a fair amount of activity, but it's not terrible. And that should be it," says



The H1N1 virus is predominating this year's flu season. iStock

Dr. Allison McGeer, head of infection control at Toronto's Mount Sinai Hospital

Isn't H1N1 the virus that caused the 2009 pandemic? Is it different or more dangerous than other flu viruses?

H1N1 is the virus that caused the pandemic in 2009. But it's been circulating for nearly five years, and is now considered one of the seasonal flu viruses. The others are H3N2, also an influenza A virus, and influenza B viruses.

While the vast majority of people who contract flu don't need medical attention, influenza does have the potential to cause serious illness — and that is true of H1N1, H3N2 and influenza B.

There have been reports in the media of young and middle aged adults dying. Doesn't flu normally kill old people?

What is different about H1N1 is who is vulnerable to it and who it seems to hit hard.

Little kids — children born after the pandemic — are most likely to be susceptible to H1N1; fewer than 20 per cent of them had antibodies against it. And older adults, who don't fare very well in H3N2 years, seem as a group to have a lot of protection against H1N1.

But young adults and people in middle age are less likely to have antibodies to these viruses, and those are the serious illnesses and deaths that are getting a lot of attention in the media this year.

Alberta has reported nearly 1,000 confirmed cases, and Toronto Public Health says it has confirmed 210 cases of flu so far this year. What do these numbers tell us? Is there more flu than usual?

Numbers don't mean much when it comes to seasonal flu

and they probably shouldn't concern the public to any real degree, McGeer says.

The reality is that most people who have flu never see a doctor, and many of those who do aren't tested for influenza.

If Alberta has 1,000 positive flu tests, it means there's quite a bit of influenza in Alberta. But is that amount abnormal? Not at the peak of an active flu season.

People in my neighbourhood/town/city are already sick with flu. If I haven't had a flu shot, is there still time to get one? Is it worth my while?

Public health officials will always say "It's never too late to get a flu shot." And given that flu viruses will continue to circulate — albeit likely at lower levels — for weeks to come, getting a shot now might prevent you from getting sick later.

THE CANADIAN PRESS

3 TIPS





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Give Slow Cooker Meatballs some new life with seeds

THERESA ALBERT
myfriendinfood.com

Instead of nutrition-free breadcrumbs, why not hold meatballs together with nutrient-dense chia seeds and oats? Tastes the same, and it's 100 per cent healthy.

1. Place ground beef, oats, egg, chia and seasoning in a bowl.

2. Mix well with hands and use an ice cream scoop to place into bottom of a large slow cooker set on high.

Ingredients

- 1 lb extra lean ground beef
- 1/2 cup oats, whirled in a blender
- 1 egg, beaten
- 1 tbsp whole or ground chia seeds
- 1 tsp Italian seasoning
- 1 jar tomato sauce

PREP
10 MINUTES



This recipe serves six. COURTESY THERESA ALBERT

3. Microwave tomato sauce with the lid off to speed up cooking. Empty tomato sauce over meatballs, cover and let cook on high for 2-3 hours or

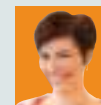
on low for 8-10.

4. Serve with buns for Meatball Sandwiches or over pasta with salad.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Health Solutions

Chi-chi-chi-chia seeds



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Chia is a seed much like the poppy seed in that it only grows when the salvia plant is ready to bloom.

Like other seeds, this wee nugget of nourishment contains all the nourishment that the plant will need to begin anew.

You know all about its superior fibre content and its ability to help stabilize blood sugar levels, heck, you probably even bought a bag and have looked at it for a year.

But, besides sprinkling it on your yogurt, what else can you do with it? Here are some ideas:

- Chia is an excellent

binder when making meatloaves or meatballs because it holds water better than breadcrumbs.

- Use it ground in salad dressings to help reduce the amount of oil. 1/4 tsp replaces about a tablespoon of oil.

- Soak 2/3 cup of chia seeds in 2 cups of almond milk and set aside in the fridge for three to eight hours. It will thicken into a tapioca-pudding-like dish that is great warm or cold with a dash of cinnamon.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Pork Bolognese gets five-spice treatment

This Bolognese is mostly effortless. You can make it even more so by using the food processor to chop your vegetables. Just toss them all in at once, then pulse until finely chopped. As for the meat, pork is delicious, but feel free to substitute beef, veal or turkey.

1. Bring a large saucepan of salted water to a boil. Add the pasta and cook according to package directions. Drain and set aside.

2. Meanwhile, heat a large sauté pan over medium-high. Add the pork and sauté for 2 minutes, or until fat begins to render from the meat.

3. Add the onion, celery, carrot and garlic. Sauté until the carrots are tender, about 5



This recipe serves four. MATTHEW MEAD/THE ASSOCIATED PRESS

minutes. Stir in the five-spice powder and tomatoes. Bring to a simmer. Stir in the Parmesan, then season with salt and pepper. Stir in bit of basil.

4. Add the pasta, tossing to coat well. Serve topped with additional basil.

THE ASSOCIATED PRESS

Ingredients

- 12 oz pasta
- 1 lb lean ground pork
- 1 large yellow onion, diced
- 1 celery stalk, finely chopped
- 1 carrot, peeled and finely

- chopped
- 3 cloves garlic, minced
- 1 tbsp five-spice powder
- 28-oz can crushed tomatoes
- 1/2 cup grated Parmesan

- cheese
- Salt and ground black pepper
- Chopped fresh basil

FROM CLASSROOMS TO CAREERS

CO-OP PROGRAM ENHANCES SKILLS AND LEARNING

Students in the University of Regina's co-operative education (co-op) program earned \$9.7 million in wages in 2013. But it's not just the promise of a paycheck that draws students to the program.

"Being able to practise and experience what you're taught in class and getting paid is the perfect balance," says Esther Edoho, a University of Regina student in the faculty of business administration. "Another perk is that you get to work with professionals in your field of study — they have offered me advice on how to progress with my future career and what I will need to know to stand out when it comes time for interviews," she adds.

Sydney Gossard is in her final year of studies with the faculty of arts (English) and Centre for Continuing Education (public relations certificate) at the Univer-

sity of Regina. She agrees that the co-op program provides relevant experience.

"My academic experience hasn't been trumped by my co-op experience, but rather, enhanced; the skills and values I could have only gained from the classroom are put to use in my work placements, and then further adapted into specific tasks and projects," says Gossard.

Since its inception in 1969, the university's co-op program has had a record of 835 career-related placements in 2013 — a 45 per cent growth in the last seven years. With more than 50 programs to choose from, students from the faculties of arts, business administration, engineering and applied science and science are benefitting from an average of 12-16 months of supervised work experience by the time of graduation.

"I have been able to use skills specifically related to my degree — my writing skills, my communication skills, my creativity," says Gossard, who is certain this experience will aid her in the future.

In addition to the co-op program both students have taken advantage of the



COLOURBOX

other services offered at the University of Regina's Career Centre, which offers workshops on resume writing and interviewing, long-term career goal setting,

and career and volunteer fairs.

For both students, the university's career centre has bridged the gap from classroom to career.

Realize. Co-op jobs lead to careers.

University
of Regina



Students Esther Edoho (left) and Sydney Gossard are just two of the University of Regina's Co-operative (Co-op) Education students who earned a combined total of \$9.7 million this year.

The University of Regina was the first post-secondary institution in Western Canada to establish a Co-op program in 1969. Today, we are still setting the standard in experiential and career-centred learning with a record 835 career-related placements in 2013.



To learn more about our Co-op program, visit:
www.uregina.ca/careercentre/coop.



Tavares nets hat trick, Islanders thump Stars

Cal Clutterbuck, right, of the Islanders lays into the Stars' Valeri Nichushkin with a bodycheck on Monday night in Uniondale, N.Y. John Tavares scored three goals and added two assists in a 7-3 win for the Islanders, who have won four of their last five games. Tavares, who is considered a lock to make Team Canada for the Sochi Winter Games, ran his goal total up to 20 in the season. BRUCE BENNETT/GETTY IMAGES

Depth of field paints blurry team picture

Hockey. Canadian roster will come into focus when it is announced on Tuesday

Sidney Crosby, Jonathan Toews and John Tavares are safe.

That Team Canada has only a few more forwards who are locks to go to the Sochi Olympics next month speaks to the embarrassment of riches and the bevy of questions facing Steve Yzerman and his management staff.

The 25-man roster that will be revealed Tuesday at 11 a.m. in Toronto will show what Yzerman learned from winning gold in Vancouver four years ago, and how he's adapting to a different situation this time around.

"We're playing good teams; you need good goaltending," Yzerman said back in August at Olympic orientation camp. "You need good defence. You need balance. All of these teams are rela-

tively balanced. Any area of weakness can be an issue."

One area that isn't a weakness for Canada is down the middle. Beyond Crosby, Toews and Tavares, there's Ryan Getzlaf of the Anaheim Ducks and Patrice Bergeron of the Boston Bruins.

If Steven Stamkos of the Tampa Bay Lightning can return after breaking his right tibia, he's expected to move to the wing, possibly alongside Crosby. Other centres, like Matt Duchene of the Col-

orado Avalanche, Logan Couture of the San Jose Sharks, Eric Staal of the Carolina Hurricanes and Claude Giroux of the Philadelphia Flyers would likely have to do the same.

"I know some guys are going to have to play different positions, but you do it for the better of the team," Lightning winger Martin St. Louis said at orientation camp. "For the better of the country."

But is it better for Canada to have so many centres playing out of position? If Yzerman and Co. have decided

more natural wingers must be in the mix, that's good news for St. Louis, Rick Nash of the New York Rangers, Patrick Sharp of the Chicago Blackhawks, Jamie Benn of the Dallas Stars and perhaps even Patrick Marleau of the Sharks.

Benn and Marleau weren't at camp in Calgary over the summer, but Yzerman said then and during the season that that wouldn't necessarily rule players out when it comes to Sochi.

One player who did earn a camp invite was Pittsburgh Penguins winger Chris Kunitz, whose natural chemistry with Crosby could be an asset in a short tournament like the Olympics. Bringing along linemates wasn't a perfect recipe in 2010 when Canada took Marleau, Joe Thornton and Dany Heatley to Vancouver, but Detroit Red Wings GM Ken Holland said it could still be factored in if two players were tied for a roster spot.

THE CANADIAN PRESS

Calgary

McPherson back in CFL with Stamps: Source

Adrian McPherson is returning to the CFL.

The veteran quarterback has signed with the Calgary Stampeders, according to a source. McPherson, 30, spent five seasons with the Montreal Alouettes (2008-12), earning Grey Cup rings in '09 and '10 with the club before being released to pursue other offers.

Instead of landing another CFL job, the six-foot-three, 220-pound native of Bradenton, Fla., spent last season with the Tampa Bay Storm of the Arena Football League. McPherson appeared in 13 games, completing 238 of 385 passes (61.8 per cent) for 3,151 yards and 59 touchdowns with five interceptions.

In Montreal, McPherson served mostly as the backup behind Anthony Calvillo. THE CANADIAN PRESS

Montreal

Als sign trio of Canadian players

The Montreal Alouettes signed defensive end Amet Pall and offensive linemen Ryan White and Jake Piotrowski on Monday.

Pall and Piotrowski signed for two years while White's deal was for three seasons. THE CANADIAN PRESS

Toronto

Argos sign Durie to an extension

The Toronto Argonauts signed slotback Andre Durie to a contract extension Monday.

The Argos announced Durie is under contract through the 2016 season.

Durie, who'll reportedly earn around \$140,000 annually under the terms of

his new deal, enjoyed a standout 2013 campaign. The five-foot-10, 199-pound Durie led the CFL with a career-high 92 catches for 986 yards (also a career best) and three touchdowns. THE CANADIAN PRESS



Andre Durie
HANDOUT

Projected Team Canada roster

FORWARDS

Matt Duchene, Sidney Crosby, Steven Stamkos*, Patrick Sharp, Jonathan Toews, Rick Nash, Logan Couture, John Tavares, Claude Giroux, Jamie Benn, Ryan Getzlaf, Corey Perry, Patrice Bergeron, Martin St. Louis.

*Injury replacement: Jeff Carter

DEFENCEMEN

Duncan Keith, Shea Weber, Jay Bouwmeester, Alex Pietrangolo, Marc-Edouard Vlasic, Drew Doughty, Dan Boyle, P.K. Subban.

GOALTENDERS

Carey Price, Roberto Luongo, Mike Smith.
Potential injury replacement: Corey Crawford

Horoscopes

Aries

March 21 - April 20

Try to avoid confrontation today because you will come out second best. If possible, go and be by yourself for a while. You'll return physically and mentally refreshed, and with lots of great new ideas.

Taurus

April 21 - May 21

You seem to think the worst is going to happen. You should know by now that is exactly the sort of thought pattern that encourages bad things to happen. Be positive.

Gemini

May 22 - June 21

If you make an effort today, it will pay off. The only problem is you are not in the mood to do anything strenuous. That's OK but don't blame others for your lack of progress.

Cancer

June 22 - July 23

You may not enjoy what happens today, not least because you have no control over events. But if you accept it and refuse to be upset, it won't be so bad. You can always control the way you react.

Leo

July 24 - Aug. 23

Everything must be in its proper place and if it isn't, someone is going to get the blame, and it won't be you. You may be easy-going most of the time but sometimes you are like your next-door-neighbour sign Virgo — obsessed by details.

Virgo

Aug. 24 - Sept. 23

Keep things simple today because the more complicated you allow your activities to get, the more likely it is you will get confused and make a mistake.

Libra

Sept. 24 - Oct. 23

It will pay you to be secretive, especially if you're working on a plan requiring the element of surprise to succeed. If people start sniffing around, tell them anything but the truth.

Scorpio

Oct. 24 - Nov. 22

Stop worrying that you are not doing enough or that your rivals are winning. The planets indicate that success will be yours once you learn to relax and not take life so seriously.

Sagittarius

Nov. 23 - Dec. 21

You can make a little go a long way today, emotionally as well as financially. The trick is to not give too much away, and keep others guessing what you intend to do with it.

Capricorn

Dec. 22 - Jan. 20

Wield the axe and cut back on the things in your life that are not important. That applies especially to your career where, it seems, you have taken on too much responsibility too soon.

Aquarius

Jan. 21 - Feb. 19

What you have to do today may seem boring but if you do it well, you will come to the attention of powerful people and, in the long-term, the rewards will be worth the effort many times over.

Pisces

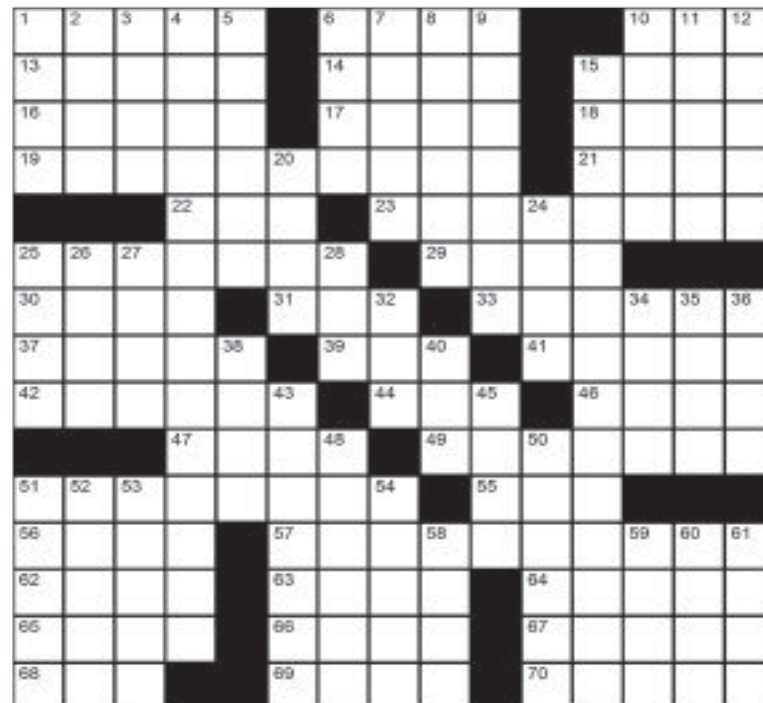
Feb. 20 - March 20

There is a lot going on behind the scenes at the moment, so don't make too many plans because they are sure to change. If someone asks you to take on more work turn them down. It's the last thing you need right now. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- "The Lion King" (1994) character
- Sporty Steffi's surname
- Straw
- Anne Murray's "You Needed Me" bit: "I cried ____"
- Prefix meaning 'Rock'
- Merchandise
- Corporate shuffle, in brief
- Celebes buffalo
- Shangri-la
- Loggins & Messina tune covered by Anne Murray: 2 wds.
- 'A' in AD
- Rock supergr.
- Sabre with a curved blade
- Fractures-checking hosp. spot: 2 wds.
- PayPal co-founder Mr. Musk
- Hr. parts
- ____-and-tuck
- Catch
- Sherbrooke 'student'
- Avril's Sk8er's gender
- Saskatchewan town south of Regina
- "Four Weddings and a Funeral" (1994) director, Mike ____
- Married woman's title
- Wet ____ (Moisture wipes)
- Money in Oman



- "Family Ties" clan, The ____
- Private
- Uniquely-spelled mountain basin
- ____, California (The Bionic Woman's hometown)
- Ottawa: 7 Rideau Gate... Canada's ____ for heads of state

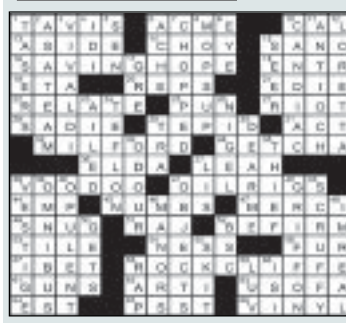
- Carson's successor
- French for 'the water'
- Mosaic component
- Legendary celebrity
- Gaelic
- Broadcast again
- Bus or train, e.g.
- River of Flanders

- Paul of "Be-witched"
- Baby Atlantic Her-ring, for short
- Virginia willow
- Joni Mitchell's "You Turn ____ I'm a Radio"
- Mordecai Richler book-turned-movie

- starring Paul Giamatti: 2 wds.
- Edmonton neighbourhood
- 4.0, et al.
- HGTV Canada jobs
- Now!: 2 wds.
- Parcel word
- "Hmmm... I thought of that."
- Hockey game

- place
- Type of opera singer
- Bit of #19-Across: "And even though ____ I'm so in love with you honey..."
- Bridge
- Single-meaning prefix
- Wolverine's mutant buddies
- Vex
- All over again
- ____ necklace
- Cheerleading prop, when doubled
- Gambling town
- Prayer sign-off
- Scholastically succeed
- Film director Mr. Petri
- Gall
- British Columbia city
- Faith faction
- Matt of "Today", and surnamesakes
- Twirling
- Ancient Greek city-state
- Remove the movie video
- Didn't stop, like a sentence: 2 wds.
- Charter
- Plaintiff
- ____ Bator, Mongolia
- Expressed
- Bronte heroine surname

Yesterday's Crossword

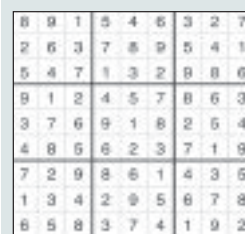


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today -21°/-33° Flurries
Wednesday -17°/-18° Flurries
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